

Peas and Carrots

February 2015



"If we had no winter, the spring would not be so pleasant."- Anne Bradstreet

Valentines, Academy Awards, and Super Bowl Trivia (see below for answers)

1. How much did it cost to attend the first Super Bowl in 1967?
2. Between girlfriends, wives, mothers, and teachers, who receives the most Valentines?
3. What's the Oscar statuette's official name?
4. On Valentine's Day in 1876, Alexander Graham Bell applied for a patent on what invention of his?
5. Including children exchanging cards, how many Valentines are bought each year?
6. What year did the Academy replace the phrase, "And the winner is...", with "And the Oscar goes to...?"
7. What is the 2nd largest food consumption day of the year in the U.S.? (Hint: it is estimated that 1.25 billion chicken wings will be consumed on this day.)
8. What was the first color film to win best picture?
9. The name Valentine originated in what cultural language?
10. How many people are expected to call in sick to work on the day after the Super Bowl?

1. \$12 2. Teachers 3. The Academy Award of Merit 4. Telephone 5. One billion 6. 1989, at the 61st Academy Awards 7. Super Bowl Sunday 8. *Gone with the Wind*, 1939 9. Latin 10. 1.5 million people play hooky on Super Bowl Monday

February Word Search

S	M	R	C	V	G	R	O	U	N	D	H	O	G	S
L	S	R	E	W	O	L	F	O	R	O	S	E	S	U
A	C	F	Z	T	Q	O	I	E	P	H	K	L	O	P
I	C	A	J	S	N	T	H	E	G	Q	E	Y	D	E
C	W	V	N	Q	I	I	T	R	A	E	H	K	F	R
R	C	G	I	D	K	S	W	Q	P	R	N	O	Y	B
E	W	H	A	E	Y	I	A	E	X	N	O	C	D	O
M	N	R	O	P	E	F	A	W	P	T	Z	A	U	W
M	T	Q	Q	C	I	E	O	D	B	E	B	R	O	L
O	H	F	U	W	O	D	I	A	A	Z	Q	D	L	X
C	S	A	I	Q	A	L	L	L	I	G	V	S	C	J
F	V	J	Z	H	B	L	A	S	U	R	J	V	S	Q
M	S	M	S	W	F	P	D	T	N	W	Y	H	M	P
Y	X	G	X	T	P	W	G	L	E	S	K	G	R	K
M	X	D	Z	D	B	V	S	T	E	X	M	O	J	N

TRADITION
FOOTBALL
ROSES
WINTER
GROUNDHOG
CHOCOLATE
CLOUDY
SUPERBOWL
CANDY
SHADOW
CARDS
SLEEP
FLOWERS
COMMERCIALS
HEART

Source: <http://puzzlemaker.discoveryeducation.com/code/BuildWordSearch.asp>



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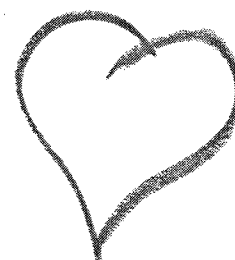
Did you know?

February is American Heart Month, and not just because of Valentine's Day!

Since 1963, Congress has required the president to proclaim February

"American Heart Month" to raise awareness about heart disease. Heart disease is the leading cause of death in the United States and is a major cause of disability.

One great weapon in fighting cardiovascular disease is to have a healthy diet.



Bump up the Nutrition

Aim to eat a diet high in fruits, vegetables, whole grains, lean protein, fat-free and low-fat dairy, and limit items high in sugar, sodium, and fats. Reading food labels on packages and containers can help you choose healthier products and make comparisons between similar products. • **Vary your veggies.** Try buying vegetables in season for better flavor and lower cost. Stock up on frozen veggies for quick cooking in the microwave. Watch out for extra sauces or seasonings, which can add fat, calories and sodium, by checking the Nutrition Facts Label. • **Focus on fruits.** Put fruit where you will see it, such as a bowl on the table, counter, or cut-up in a container in the fridge. Buy fruit in season for better taste and lower cost. Buy fruits in different forms (dried, frozen, canned [in water or juice], and fresh), to increase your options. • **Choose more whole grains.** Substitute a whole-grain product for a refined one, such as eating whole-wheat bread instead of white or brown rice instead of white. Try brown rice in baked green peppers and whole-wheat macaroni in macaroni and cheese. Use whole wheat or oat flour for up to half of the flour in pancake, waffle, and muffin recipes. Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup. (Source: Lisa Franzen-Castle, PhD, RD, Extension Nutrition Specialist UNL Panhandle Research and Extension Center)

Super Bowl Sweet Potato Nachos—Seasoned sweet potatoes with mellow cheese create a wonderful combination for a snack or healthier game-day appetizer!

3 medium sweet potatoes (about 2 pounds)

1 teaspoon olive oil

1 teaspoon chili powder

1 teaspoon garlic powder

1 1/2 teaspoons paprika

1/3 cup black beans, drained and rinsed

1/3 cup reduced-fat shredded Cheddar cheese

1/3 cup chopped tomato (or 1/3 cup no-salt-added, canned, diced tomatoes, rinsed and drained)

1/3 cup chopped avocado

1. Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray.
2. Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

Serves 6; 209 calories; 194 mg Sodium; \$1.56 per serving

(Source: <http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/>)



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